

RESUMO - SAÚDE E ESPIRITUALIDADE

THE INFLUENCE OF SPIRITUALITY ON ADULT MENTAL HEALTH: A SYSTEMATIC REVIEW

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Introduction: Mental health has become one of the major challenges in contemporary medicine, particularly in light of the rising prevalence of anxiety and depression. In this context, there is growing interest in complementary approaches that consider individuals holistically, integrating biological, psychological, social, and spiritual dimensions. Spirituality, understood as the search for meaning, purpose, and connection with something greater than oneself, has been increasingly recognized as a relevant component in healthcare. Objective: To analyze scientific evidence on the impact of spiritual practices on adult mental health. Methods: This is a systematic literature review conducted through bibliographic research in the PubMed, Google Scholar, and SciELO databases. The descriptors “spirituality,” “health,” and “mental health”

were used, and articles published between 2020 and 2026 in Portuguese and English were included. The exclusion criterion was based on low relevance to the research objective. The final selection consisted of four articles that addressed the guiding research question. Results: Mental well-being is correlated with spirituality as a complementary therapy in the treatment of psychological disorders, being important for strengthening bonds and improving quality of life. This is due to the changes generated by the individual's connection with the environment, with oneself, and with a social group that provides support and contributes to a more stable and balanced mental structuring. As a main outcome, individuals create a context for the reinterpretation of traumas, the reestablishment of life plans, and the strengthening of hope, based on collective experiences and the internalization of values and principles that enable resilience to face moments of difficulty and stress, as well as the reduction of feelings of isolation and loneliness. The practice of compassion, gratitude, and forgiveness is encouraged, contributing to improved interpersonal relationships and self-esteem. In addition, spirituality has demonstrated positive effects on the immune system, reduction of stress levels, and the promotion of a state of bodily balance. Furthermore, the integration of spirituality into healthcare services should occur in an ethical manner, avoiding judgment and valuing the patient's spiritual background. Conclusion: Therefore, spirituality proves to be relevant in promoting mental health, acting as a protective factor. It allows the reinterpretation of adverse experiences, favoring the coping with psychological suffering. Interventions that incorporate it show promising results in reducing symptoms, reinforcing its complementary role. Therefore, its inclusion in clinical practice enhances therapeutic effects and improves quality of life.

Palavras-chave: spirituality; health; mental health.